

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

B520 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 50 LB



Nutrition Information

Rice, white, medium grain, without salt

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	<ul style="list-style-type: none"> 50 lb bag. One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice. One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. One cup dry rice yields about 3 cups cooked rice. CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	<ul style="list-style-type: none"> Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store rice under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

B520 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> To retain vitamins, do not rinse rice before or drain after cooking. Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12" x 20" x 2½" steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	<ul style="list-style-type: none"> Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use. Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 °F within 2 hours and from 70 °F to 40 °F within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.